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Exam 3: NUR257/ NUR 257 (New 2023/ 2024 Update) Aging and Chronic Illness in Nursing Exam Review| 100% Correct- Galen

QUESTION

Symptoms of relocation syndrome and what do we want to help with that?

Answer:

▪ Sleep disturbances, GI upset, anger, anxiety, depression. Carefully explain all procedures before they occur
o Ask family to provide familiar objects at the patient's bedside
o Ask about expectations during hospital stay
o Ask about normal routines, activities, foods
o Frequently reorient patient to their location.
o Encourage family to visit often
o Avoid unnecessary room changes

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QUESTION

What to look at with Managing Stress and what to help with.?

Answer:

Look at personality traits and coping skills
o Reduce isolation
o Support groups
o Part-time employment
o Exercise or other relaxation techniques

QUESTION

Falls; Causes, Scale?

Answer:

falls during transitions, multi-tasking, medication use, health conditions (hypotension,

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anemia, pain, neuropathy, frailty)
o Morse Falls Scale - most common assessment scale used for assessing falls risk

QUESTION
_fallophobia

Answer:
fear of falling; may avoid leaving their home

QUESTION
_Presbyopia

Answer:
farsightedness that worsens with age;
may make walking more difficult; the person is less aware of the location of each step.

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QUESTION
_Fall prevention

Answer:
Wear proper shoes and glasses
- Rise slowly; wait before walking
- Use assistive devices correctly
- Remove obstacles from the home; rugs and clutter
- Install railing and grab bars
- Practice resistance and balance exercises

QUESTION
_Why is drving a risk?

Answer:

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Reaction time slows
o Peripheral vision reduces with age
o Less range of motion in head and neck

QUESTION
How to improve driving safety and what to discuss and teaching?

Answer:
Assess physical and mental status
▪ Discuss driving concerns with patient
▪ Driving refresher course
▪ Avoid high-risk conditions: wet roads, night driving
▪ Properly use vehicle safety features
▪ Suggest other forms of transportation instead of driving.

QUESTION
What is some Drug Use in Older Adults:

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Answer:
Polypharmaycy, polymedicine, hyperpharmcy.

QUESTION
Polypharmacy

Answer:
The use of multiple medications on a regular basis., duplicative therapies, high dose medications.

QUESTION
Polymedicine

Answer:

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use of many drugs to treat multiple conditions/problems

QUESTION
Hyperpharmacy

Answer:
The excessive use of drugs to treat disease
-most older adults use otc drugs and herbal supplements without consulting their PCP

QUESTION
Age related changes with drugs:

Answer:
Absorption, Distrubution, metabolism, excretion.

QUESTION
Absorption (drugs)

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Answer:
increased gastric pH, decreased gastric blood flow, decreased motility

QUESTION
Distribution (drugs)

Answer:
decreased total body water, increased body fat

QUESTION

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